

# COUNCIL ON AGING BOARD

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# Watertown Senior News

Watertown Council on Aging/Senior Center  
31 Marshall St.  
Watertown, MA 02472  
**617-972-6490**  
[www.watertown-ma.gov](http://www.watertown-ma.gov)  
**MAY 2015**

# COA/SENIOR CENTER STAFF

Caryl Leslie Fox, Director  
Deborah A. Dunn  
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Rae Grassia  
Alfredo Bartolozzi  
Joseph Cavallaro

MAY 2015

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## "WHO KNEW.....

What's Really Inside That Orange Peel."

Come to the Watertown Senior Center for an informative session about the produce you see every day in the market. Staff from Russo's will be here to show us different fruits and vegetables and explain the benefits provided by their nutrients, vital for your health and maintenance of your body.

**WHEN: 9:30 A.M. Wednesday, May 13**

**WHERE: Watertown Senior Center,  
31 Marshall St.**

Please sign up by calling the Center at 617-972-6490.

## APPLY FOR Your NEW Senior or T.A.P. Charlie Card

MBTA staff will be on hand to issue MBTA Senior and Transportation Access Pass (TAP) CharlieCards, and to answer any questions regarding the MBTA'S automated fare collection system.

**WHEN: Wednesday, May 6th 9:30 am - 12:00 pm**

**WHERE: Watertown Senior Center 31 Marshall St.**

New Senior CharlieCard ID's will be processed for first-time Seniors (65+ with proof of age). Your new card will arrive by mail.

MBTA staff will not be renewing senior CharlieCards. This can be done easily by calling 617-222-3200. They will mail your new card.

This service was requested and setup through the office of State Senator, William Brownsberger.

For more information call the Senior Center 617-972-6490

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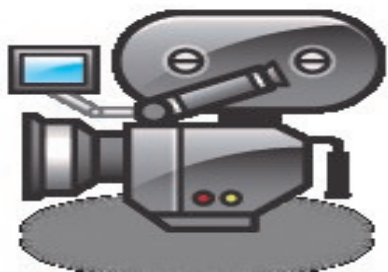
## Senior Center Birthday Party

*When: Friday, June 5<sup>th</sup> 11:30 AM - 3:30 PM*

*Where: Watertown Senior Center,  
31 Marshall St.*

*We'll have music, line dancing, door prizes, a raffle, the Mellowtones, and full delicious luncheon including Birthday Cake! So come join us and bring along a friend!*

*Tickets are on sale now at the Senior Center and cost: \$14.00*



## May Movie Matinee

*Relax and enjoy a movie in our comfortable lounge Thursday afternoons at 1:00 p. m.*



### 5/7 Night at the Museum:

**Secret of the Tomb** - At the Museum of Natural History, there's a



new exhibit. Larry Daley manages the night exhibit because the exhibits come to life because of the Tablet of Ahkmenrah. But when the exhibits go wild, Larry finds himself in trouble. He learns that the Tablet is corroding. Larry realizes it means the end of magic. He talks to Ahkmenrah who says that he doesn't know anything. Only his father the Pharaoh knows the Tablet's secrets. He learns that the Pharaoh was sent to the London museum. He goes to London and takes Ahkmenrah with him but some of the others like Teddy Roosevelt, Attila, Octavius, and Jedediah come with him. **Cast:** Ben Stiller, Robin Williams, Owen Wilson 2014 98 mins PG

### 5/14 Jack Ryan: Shadow Recruit

- Ryan was attending the London School of Economics; and 9/11 happened. He then enlists in the Marines and would go to Afghanistan. The chopper he was on got shot down. He had severe injuries that required intense rehab. There he grabs the attention of Harper, who works for the CIA



and would like him to finish his studies and get a job on Wall Street so he can find out of any terrorist plot through their finances. A few years later, Ryan finds anomalies in the accounts of a Russian named Cherevin. He goes to Russia to find out what's going on. In Russia Cherevin assigns someone to take care of him, but when they're alone the man tries to kill Jack. So Jack kills him. Obvious Cherevin is hiding ... **Cast:** Chris Pine, Kevin Costner, Keira Knightly 2014 105 mins PG-13

### 5/21 Dirty Rotten Scoundrels

Two con men try to settle their rivalry by betting on who can swindle a young American heiress out of \$50,000 first. Larry and Freddie are con-men; big-time and small time respectively. They unsuccessfully attempt to work together only to find that this town (on the French Mediterranean coast) ain't big enough for the two of them. They agree to a "loser leaves" bet. The bet brings out the best/worse in the two. Interesting twist at the end. **Cast:** Steve Martin, Michael Caine Glenn Headley 1988 110 mins PG



**5/28 And So It Goes** - A self-absorbed realtor enlists the help of his neighbor when he's left in charge of the granddaughter he never knew existed. Oren Little

has turned his back on all his neighbors and shunned the notion of being kind to others after the death of his wife. Next door neighbor Leah has put her soul, and her tears, into her stagnant singing career after the death of her husband. Oren's son shows up needing Oren to take care of his daughter Sarah. Leah never had any children of her own, but 9-year-old Sarah just might be the spark that allows these two lonely souls to turn their home into a Little Shangri-La. **Cast:** Michael Douglas, Sterling Jerins, Diane Keaton 2014 94 mins PG13



**6/4 3 Days To Kill** - A dangerous international spy is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission, even if it means juggling the two toughest assignments yet: hunting down the world's most



ruthless terrorist and looking after his teenage daughter for the first time in ten years, while his wife is out of town. **Cast:** Kevin Costner, Hailee Steinfeld, Connie Nielon 2014 117 mins PG13

### MANSION & MUSEUM TRIP

Come and enjoy the spring as the Watertown Seniors travel to Bristol, RI to Blithewold Mansion. After a tour, you will have time to stroll the gardens. Next it's on to The Andino's Restaurant on Federal Hill. Meal choices are Chicken or Eggplant parmigiana, or Broiled scrod. After lunch we head to Rhode Island School of Design for a tour and time to visit an exhibition or gift shop.

**DATE:** Thursday, May 14th (Need 30 people by May 4)

**LEAVE:** 8:00 am **RETURN:** 5:45 pm approximately

**COST:** \$80 which includes guided tour of Blithewold, lunch, guided tour of RISD, and bus driver's tip.

### ART CLASS RECEPTION

The Senior Center's Art Class will be showing off some of the beautiful work they do during the week of June 1st - June 5th from 8:30 - 5:00.

Their reception will be held on Wednesday, June 3rd from 10:00 - 12:00, so come view the paintings and meet with the artists and their talented teacher, Dawn Scaltreto.

Not able to make it? The exhibition will be on display at the Watertown Free Public Library from July 1st - 30th.



### Broadway Bash

Come join us for a memorable show of classic Broadway tunes including your favorites - *Try to Remember*, *Younger than Springtime*, *Hey There*, *Over the Rainbow*, *Summertime*, *Sound of Music*, a medley from *Fiddler on the Roof*, and ending with the Bottle Dance.

Come enjoy the show starring Alan Pearlmutter (Keyboard, Vocals, and Arrangements) accompanied by Linda Poland (Clarinet, Arranger).

**WHEN:** 9:30 A.M. Wednesday, May 27

**WHERE:** Watertown Senior Center, 31 Marshall St.  
Please sign up by calling the Center at 617-972-6490.

**The Senior Shuttle goes to the Watertown Mall this month on Wednesday May 13th and May 27th**

### NUBBLE LIGHTHOUSE CRUISE

The day starts with shopping in quaint Ogunquit center.



You'll have time to browse the shops before we head to Jonathon's where a delicious luncheon of Seafarers Catch, or Chicken stuffed with broccoli and cheese. After lunch it's off to Perkins Cove where we'll board our boat for an

hour and a half cruise around the harbor, including Nubble Lighthouse.

**DATE:** Thursday, June 25th

**LEAVE:** 8:00 am **RETURN:** 5:45 pm approximately

**COST:** \$80 which includes full luncheon at Jonathan's, Nubble Lighthouse cruise, and bus driver's tip.

### MetroWest Legal

An attorney from Metro West Legal Services will offer office hours on Friday, May 15th from 10:00 am to 12 pm. Appointments are required: contact the Senior Center at 617-972-6490 to schedule an appointment.

### Happy Mother's Day



## **Need help with prescription drug costs? Prescription Advantage may be your answer!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit!***

**Who can join?** If you are a **Massachusetts resident, eligible for Medicare**, and are:  
65 years or older with an annual income at or less than \$58,850 for a single person or \$79,650 for a married couple OR under 65 years and disabled, with an annual income at or less than \$22,128 for a single person or \$29,948 for a married couple.

You may also join if you are 65 years or older and **not eligible for Medicare**. **There is *no income limit***.





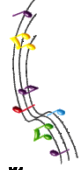
There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,310 for a single person and \$47,790 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to **[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)**.

For further assistance contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



# MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Don't forget to drop off your yard sale items all this week from 8:30 am - 5:00 pm</div>	<i>Happy Mother's Day</i> 		<div>DON'T FORGET GIANT INDOOR YARD SALE TOMORROW MAY 2<sup>ND</sup> FROM 10-2</div>	<div>SENIOR CENTER 1</div> <div>10:00 Bingo</div> <div>11:00 Exercise Class</div> 
<div>SENIOR CENTER 4</div> <div>9:30 Art Class</div> <div>11:00 Exercise Class</div> <div>LUNCH M-F</div> <div>11:30 Woodland Towers</div> <div>12:30 Bridge</div>	<div>COA SHOPPING BUS SENIOR CENTER 5</div> <div>10:00 Watch Our Weight</div> <div>10:00 SHINE (by appt)</div> <div>11:15 Line Dancing</div> <div>12:30 Cribbage</div>	<div>SENIOR CENTER 6</div> <div>9:30 NEW Charlie Card For FIRST Time Senior Applicants</div> <div>11:00 Exercise Class</div> <div>12:30 Whist</div>	<div>SENIOR CENTER 7</div> <div>10:00 Yoga Class</div> <div>11:00 Games</div> <div>1:00 Movie: Night At the Museum: Secret of the Tomb</div>	<div>COA SHOPPING BUS SENIOR CENTER 8</div> <div>10:00 Bingo</div> <div>11:00 Exercise Class</div> <div>12:30 Tai Chi</div> <div>12:30 Mellowtones</div>
<div>SENIOR CENTER 11</div> <div>9:30 Art Class</div> <div>11:00 Exercise Class</div> <div>LUNCH M-F</div> <div>11:30 Woodland Towers</div> <div>12:30 Bridge</div> 	<div>COA SHOPPING BUS SENIOR CENTER 12</div> <div>10:00 Watch Our Weight</div> <div>10:00 SHINE (by appt)</div> <div>11:15 Line Dancing</div> <div>12:30 Cribbage</div>	<div>COA SHOPPING BUS SENIOR CENTER 13</div> <div>9:30 Lecture: Russo's -What's Really Inside That Orange</div> <div>11:00 Exercise Class--</div> <div>12:30 Whist</div> <div>5:30 COA Board mtg</div> 	<div>SENIOR CENTER 14</div> <div><i>Museum Trip</i></div> <div>10:00 Hearing Screen - by apt.</div> <div>10:00 Yoga Class</div> <div>11:00 Games</div> <div>1:00 Movie: Jack Ryan: Shadow Recruit</div> 	<div>COA SHOPPING BUS SENIOR CENTER 15</div> <div>10:00 Bingo</div> <div>10:00 MetroWest legal by appt</div> <div>11:00 Exercise Class</div> <div>12:30 Tai Chi</div> <div>12:30 Mellowtones</div>
<div>SENIOR CENTER 18</div> <div>9:30 Art Class</div> <div>11:00 Exercise Class</div> <div>LUNCH M-F</div> <div>11:30 Woodland Towers</div> <div>12:30 Bridge</div>	<div>COA SHOPPING BUS SENIOR CENTER 19</div> <div>10:00 Watch Our Weight</div> <div>10:00 SHINE (by appt)</div> <div>11:15 Line Dancing</div> <div>12:30 Cribbage</div>	<div>SENIOR CENTER 20</div> <div>9:30 Book Club</div> <div>10:00 Lecture: Ms. Alberino Social Security &amp; Medicare</div> <div>11:00 Exercise Class</div> <div>12:30 Whist</div> <div>1:00 Knitting</div>	<div>SENIOR CENTER 21</div> <div>10:00 Yoga Class</div> <div>11:00 Games</div> <div>11:00 <i>Toe Nail Clippings</i></div> <div>1:00 Movie: Dirty Rotten Scoundrels</div> <div>2:00 Computers</div>	<div>COA SHOPPING BUS SENIOR CENTER 22</div> <div>10:00 Bingo</div> <div>11:00 Exercise Class</div> <div>12:30 Tai Chi</div> <div>12:30 Mellowtones</div> 
<div>SENIOR CENTER 25</div> <div>Closed</div> <div><i>Memorial Day</i></div> 	<div>COA SHOPPING BUS SENIOR CENTER 26</div> <div>10:00 Watch Our Weight</div> <div>10:00 SHINE (by appt)</div> <div>11:15 Line Dancing</div> <div>12:30 Cribbage</div>	<div>COA SHOPPING BUS SENIOR CENTER 27</div> <div>9:30 Concert: Big Band Bash Alan Pearlmutter &amp; Linda Poland</div> <div>11:00 Exercise Class</div> <div>12:30 Whist</div> 	<div>SENIOR CENTER 28</div> <div>9:30 Blood Pressure</div> <div>10:00 Yoga Class</div> <div>11:00 Games</div> <div>1:00 Movie: And So It Goes</div> <div>2:00 Computers</div>	<div>COA SHOPPING BUS SENIOR CENTER 29</div> <div>10:00 Bingo</div> <div>11:00 Exercise Class</div> <div>12:30 Mellowtones</div>

MARK YOUR CALENDARS:

6/3 Art Class Reception

6/5 Senior Center Birthday Party

6/25 Trip: Nubble Lighthouse Cruise, shopping & lunch

*We're on the Web!*

[www.watertown-ma.gov](http://www.watertown-ma.gov)



### COUNCIL ON AGING BOARD

The COA Board will meet at 5:30 pm, Wednesday, May 13 at the Watertown Senior Center, 31 Marshall St.

### THE SENIOR CENTER BOOK CLUB

**WHEN: 9:30 a.m. Wednesday, May 20**

**to discuss: A Foreign Correspondence by Geraldine Brooks.**

Copies of the book are available at the Watertown Free Public Library.



*Here is a brief synopsis:* As a young girl in a working-class neighborhood of Sydney, Australia, Geraldine Brooks longed to discover the places where history happens and culture comes from, so she enlisted pen

pals who offered her a window on adolescence in the Middle East, Europe, and America. Twenty years later Brooks, an award-winning foreign correspondent, embarked on a human treasure hunt to find her pen friends. She found men and women whose lives had been shaped by war and hatred, by fame and notoriety, and by the ravages of mental illness. Intimate, moving, and often humorous, *Foreign Correspondence* speaks to the unquiet heart of every girl who has ever yearned to become a woman of the world.



**The Senior Center will be closed on Monday May 25th in observance of Memorial Day.**

## MEDICAL UPDATE

Medical screenings listed below are all held on Thursday mornings



**May 14 - Hearing Screening** with hearing specialist **Steve Bennett** from **Miracle Ear**. Call the Senior Center at 617-972-6490 for an **appointment**. Mr. Bennett will clean your hearing aid at no charge.

**May 21 - Nail Clipping & Callouses** by podiatrist, **Dr. David Alper** in order of sign-in **starting at 11:00 a.m.** The cost for this service is **\$25.00 payable to Dr. Alper**. Insurance is not accepted.

**May 28 Blood Pressure** by **Linda Micklay, R.N.** from **CareGroup Home Care** in order of sign-in **starting at 9:30 a.m.** There is no charge for this service but donations to the Senior Center are appreciated.

## NEW MASSACHUSETTS STATE LAW



There's a new Massachusetts state law, quietly approved by the Legislature in December, governing when drivers need to turn on their headlights.

Starting in April, motorists will have to use their headlights "when the vehicle's windshield wipers are needed." Additionally, headlights need to be activated for a half hour before sunrise and sunset, and lights must also be turned on if fog or low visibility prevents a driver from seeing other vehicles or pedestrians at a distance of 500 feet. Violators may get a ticket, which is considered a surchargeable traffic violation.

### SAVE THESE DATES - UPCOMING TRIPS

**July 16th - Rockport, Danversport Yacht Club,  
Peabody Essex Museum**

**August 6th - Sister Act, Meredith, NH**

## ***SOCIAL SECURITY & MEDICARE UPDATE***

Social Security Public Affairs Specialist, Kristen Alberino, will review existing regulations and also bring us up-to-date with all the latest news about Social Security and Medicare. She also can assist those with an email address to create their own personalized my Social Security account. All you need is an email address. A my Social Security allows you to:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a letter with proof of benefits if you currently receive them; and manage your benefits



**When: Wednesday, May 20th at 10:00 a.m.**

**Where: Watertown Senior Center, 31**

**Please sign up by calling 617-972-6490**

**WATERTOWN COUNCIL ON AGING  
SENIOR CENTER  
31 MARSHALL ST.  
WATERTOWN, MA 02472**

